

## Family violence and abuse can come in many forms.

<u>Types</u>	<u>Examples of some behaviours</u>
<b>Physical</b>	Hitting, slapping, pushing, choking, kicking. This type of violence is the only one most people think is violence.
<b>Sexual</b>	Forced and unwanted sexual contact, demanding sex, forcing a partner to engage in sexual behaviours that they do not want to.
<b>Verbal Emotional</b>	put downs, name calling, swearing, shaming and ridiculing, saying things that you know will hurt their feelings.
<b>Intimidation</b>	Behaviours that instil fear such as breaking things, threatening looks, words, gestures.
<b>Financial</b>	Controlling your partner's access, use and knowledge of money
<b>Social</b>	Stopping your partner from seeing family, friends, and other people in the community.
<b>Spiritual</b>	Using spiritual beliefs to control your partner, making fun of your partner's beliefs

### WHEN

The group programs run on weekday evenings from 6.30pm to 8.30pm.

Assessment and individual counselling sessions are by appointment only.

### WHERE

**In the local government areas of Casey, Cardinia and Greater Dandenong.**

### COST

**Assessment Fee:** Each session is based on a sliding scale according to your gross family income per annum.

**Group Fee:** \$20 per night

**For more information  
please call our centre on  
5990 1900**

Further anonymous, confidential advice and support can be obtained from the Men's Referral Service on 94282899 between 12.00 midday and 9.00pm Monday to Friday

**Does anger have a negative effect on your life ?**

**Do you hurt the people you care about most ?**

**Is it time for change ?**

If you answer **yes** to these questions, attending our group program will help you work towards this change.



**TIME FOR CHANGE**

is a special behaviour change group program for men who want to stop using violence and abuse in their relationships with other people.

*Relationships Australia*  
VICTORIA